

Diabetes: Get checked out from head to toe

Seventeen million Americans have diabetes, and about a third of them don't know it, according to the American Diabetes Association (ADA).

There are two types of diabetes, Type 1 and Type 2. Type 1, formerly called juvenile diabetes, often runs in families. Although it can occur at any age, it usually develops before the age of 30.

Type 2 diabetes, formerly called non-insulin-dependent or adult-onset diabetes, typically develops after the age of 45, but can appear earlier. Treatment includes proper diet, monitoring of blood glucose and exercise. Most cases are treated with oral medication or insulin injections.

Diabetes patients should receive annual eye and foot exams, as well as preventive testing for kidney function and cholesterol.

Feeling better and preventing future complications are two very good reasons to learn as much as possible about this disease.

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